

SAFETY BULLETIN
SB02-026 JOGGING/RUNNING DURING
REDUCED VISIBILITY PERIODS
October 2001 (Initial)

1. The season is changing once again and it is staying darker later in the mornings and getting darker earlier in the evenings. This is a natural occurrence that we go through each year. Another occurrence that we go through each year is the near misses of joggers/runners by drivers during this shortening of the daily light cycle. The roads do not belong to any one group, the jogger/runner or the motorist. Both can use the same roads, if we drive and jog/run defensively.

2. Jogging/running at reduced visibility calls for extra safety precautions to be sure it does not become dangerous. More than 8,000 pedestrians are killed by motor vehicles each year and the risk is 20 percent greater at low visibility periods than during the day. Here are some jogging/running tips from the National Safety Council:

a. Be Bright and Visible. Wear something that will make it easy for the driver to see you. Preferably, wear a reflective material that will “reflect light from a car’s headlights off your body and right back at the car.”

(1) If you do not have reflective material, carry a flashlight or wear fluorescent colors (orange or yellow are good).

(2) According to a study, a driver traveling at 30 mph needs as much as 200 feet to react and stop; at 55 mph it takes about 550 feet. A retro-reflective vest or shirt can be seen at a distance of 744 feet; a flashlight at 760 feet. It makes sense to not use the high speed limit roads for jogging/running purposes.

b. Be Alert. Always jog/run facing traffic. “It is easier for the jogger/runner to see and be seen by oncoming cars.” By facing traffic, you will not be surprised when a car comes up behind you.

c. Jogging, running or walking is safer if you do not wear an audio headset. The headset prevents you from hearing approaching cars or possible attackers. AR 385-55 prohibits the use of earphones or headsets on the roads/streets of Army posts.

d. Be Safe. Jog/run where you can be seen by others and not in secluded areas.

e. Remember in bad weather drivers are also facing adverse conditions and don’t become another obstacle to them.

f. Reflective material on the new Army PT uniform is only to enhance visibility and was not meant to replace reflective strips or vests.